

Just say when.

If you have a chronic health condition, we know there are times when you need extra help. That’s why we’re here. Take advantage of our free health coaching and then, when you’re ready to go it alone, say the word. We’ll guide you to self-service resources and be there when you need us.



"CIGNA" is a registered service mark of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc. and vielife Limited.

835931 03/10 © 2010 CIGNA

We'll help you get
what you need for your
chronic health condition



835931 03/10

Connect with one dedicated contact.

A member of our team – trained as a nurse, coach, nutritionist or clinician – may be calling you to get things started. You can also call us at any time.

We can help you:

- **Manage** a chronic health condition.
- **Create** a personal care plan.
- **Understand** medications or your doctor’s orders.
- **Identify** triggers that affect your condition.
- **Make** educated decisions about your treatment options.
- **Know** what to expect if you need to spend time in the hospital.
- **Improve** your lifestyle by coping with stress, becoming tobacco-free, maintaining good eating habits, and managing or losing weight.

You can also take charge of your health using online tools.

When you’re doing well on your own, we can still assist you through a variety of on-line self-service resources to help you better understand your condition and overcome barriers to better health.

Self-service resources include:

- **A tool** to help you understand your condition and make more informed treatment decisions.
- **Articles** and podcasts on hundreds of health topics.
- **Online programs** with email campaigns to help you with lifestyle issues like stress, weight and tobacco use, sleep, physical activity, eating healthy, depression and anxiety and living with a medical condition.

We offer support for the following chronic health conditions:

- | | |
|---|-------------------------------|
| • Asthma | • Type II Diabetes |
| • Heart Disease | • Metabolic Syndrome |
| • Coronary Artery Disease | • Peripheral Arterial Disease |
| • Angina | • Low Back Pain |
| • Congestive Heart Failure | • Osteoarthritis |
| • Acute Myocardial Infarction | • Depression |
| • COPD (Emphysema and Chronic Bronchitis) | • Anxiety |
| • Type I Diabetes | • Bipolar Disorder |

You decide when
what we have works
for you.

For live support from your health advocate call:

855.246.1873

Or, for self-service resources, go to:

www.myCIGNA.com